HAWC
HEALTH & WELLNESS CENTER
KEESLER AFB

August 2000

Stress Management Classes
Aug 8 & 22, 4pm

Nutrition Class
Wednesday, August 2 , 2pm

Lean Lifestyles
Weight Loss/Behavior Modification class
starts Thursday, August 17, 11am-12:30pm
8-week program

Light Cooking Class
"Food and Fitness: Health for a Lifetime"
Thursday, August 31, 6pm

Tobacco Cessation classes start Wednesday August 2 at noon and 4:30pm.
6-week program

For more information, call the HAWC at 377-5305